

# PARKS & RECREATION DEPARTMENT

222-3444



2015 - Fall Season

## WOMENS WEDNESDAY POWER A1 LEAGUE

<u>TEAM NAME</u>	<u>MANAGER</u>	<u>PHONE</u>
1. Bangarang Ninjas	Jessica R	h)321-7105
2. Not that Kevin	Courtney T	h)402-3945
3. Blocking Bulldogs	Heather M	h)319-404-7590
4. No Diggity	Melissa E	h)222-3692
5. Blow Up Dolls	Jessica N	h)229-0671
6. I'd Hit That	Stephanie C	h)641-430-3733

	<u>Sept. 9</u>	<u>Sept. 16</u>	<u>Sept. 23</u>	<u>Sept. 30</u>	<u>Oct. 14</u>	<u>Oct. 21</u>	<u>Oct. 28</u>
<u>Court</u>	<u>Center</u>	<u>Center</u>	<u>Center</u>	<u>Center</u>	<u>Center</u>	<u>Center</u>	<u>Center</u>
6:30	1-2	3-1	4-2	5-4	1-4	2-1	1-3
7:25	4-3	2-5	1-5	2-3	3-5	3-4	5-2
8:20	5-6	6-4	3-6	6-1	2-6	6-5	4-6

  

	<u>Nov. 4</u>	<u>Nov. 11</u>	<u>Nov. 18</u>
<u>Court</u>	<u>Center</u>	<u>Center</u>	<u>Center</u>
6:30	2-4	6:30 3-2	7:40 5-3
7:25	5-1	7:25 4-5	8:35 4-1
8:20	6-3	8:20 1-6	9:30 6-2

~All scheduled matches are at Valley Southwoods.

~1<sup>st</sup> team listed is home and serves 1<sup>st</sup> game. Alternate 1<sup>st</sup> serve for 2<sup>nd</sup> and 3<sup>rd</sup> game.

~Uniforms are not required. Non-marking gym shoes only.

~Teams will play all 3 games of match. Rally scoring will be used for all 3 games of match.

~Unsportsmanlike conduct and harassment of Officials will not be tolerated.

~5 roster changes/additions allowed. Last day to change/add players is **November 11, 2015**.

~Awards – Team trophies will be presented to first and second place teams in the league. A team plaque will be awarded to League Tourney Champions (if applicable).

~League Champions t-shirts will be awarded to every rostered player on League Champion teams.

~In case of bad weather, call **222-3500** for a recording on games status after 5:00 pm. **If the recording is not updated, games will be held as scheduled.**

~West Des Moines Park and Recreation Department is not responsible for any lost personal items left in the gym.

~No unsupervised children allowed in gyms or hallways.

~Game ball provided by Department

~A Legal picture I.D. is required of all players at all times.

~If you have any questions regarding league information e-mail [kevin.fitzgerald@wdm.iowa.gov](mailto:kevin.fitzgerald@wdm.iowa.gov) or [bruce.mankel@wdm.iowa.gov](mailto:bruce.mankel@wdm.iowa.gov).

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## WOMENS WEDNESDAY POWER A2 LEAGUE

<u>TEAM NAME</u>	<u>MANAGER</u>	<u>PHONE</u>
1. Docs Lounge	Kari E	h)577-0912
2. Big Pimpin	Katie K	h)450-3331
3. Fireballs	Kara S	h)712-830-8658
4. Scrappypants	Jacque F	h)865-7685
5. Rough Rider Alumni	Ellen H	h)480-2478
6. Girls Night Out	Nikki T	h)480-9787

	<u>Sept. 9</u>	<u>Sept. 16</u>	<u>Sept. 23</u>	<u>Sept. 30</u>	<u>Oct. 14</u>	<u>Oct. 21</u>	<u>Oct. 28</u>
<u>Court</u>	<u>South</u>	<u>South</u>	<u>South</u>	<u>South</u>	<u>South</u>	<u>South</u>	<u>South</u>
6:15	1-2	3-1	3-6	5-4	1-4	6-5	4-6
7:10	4-3	2-5	1-5	6-1	2-6	3-4	5-2
8:05	5-6	6-4	4-2	2-3	3-5	2-1	1-3

	<u>Nov. 4</u>	<u>Nov. 11</u>	<u>Nov. 18</u>
<u>Court</u>	<u>South</u>	<u>South</u>	<u>South</u>
6:30	2-4	6:30 3-2	7:40 5-3
7:25	5-1	7:25 4-5	8:35 4-1
8:20	6-3	8:20 1-6	9:30 6-2

~All scheduled matches are at Valley Southwoods.

~1<sup>st</sup> team listed is home and serves 1<sup>st</sup> game. Alternate 1<sup>st</sup> serve for 2<sup>nd</sup> and 3<sup>rd</sup> game.

~Uniforms are not required. Non-marking gym shoes only.

~If a team is 5 minutes late – forfeit first game. If a team is 10 minutes late – forfeit match.

~Teams will play all 3 games of match. Rally scoring will be used for all 3 games of match.

~Unsportsmanlike conduct and harassment of Officials will not be tolerated.

~5 roster changes/additions allowed. Last day to change/add players is **November 11, 2015**.

~Awards – A Team trophy Volleyball will be presented to first place team in the league. A team plaque will be awarded to League Tourney Champions (if applicable).~League Champions t-shirts will be awarded to every rostered player on League Champion teams.

~In case of bad weather, call **222-3500** for a recording on games status after 5:00 pm. **If the recording is not updated, games will be held as scheduled.**

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## WOMENS WEDNESDAY POWER B1 LEAGUE

<u>TEAM NAME</u>	<u>MANAGER</u>	<u>PHONE</u>
1. Bumpin Uglies	Amy W	h)641-799-8779
2. Miss Hitters	Holly S	h)988-1032
3. That was Yours	Danelle V	h)577-3939
4. Nags	Gretchen S	h)556-2405
5. Shanky Panky	Lesley W	h)664-6006
6. That's What She Set	Rache F	h)707-4323

  

	<u>Sept. 9</u>	<u>Sept. 16</u>	<u>Sept. 23</u>	<u>Sept. 30</u>	<u>Oct. 14</u>	<u>Oct. 21</u>	<u>Oct. 28</u>
<u>Court</u>	<u>North</u>	<u>North</u>	<u>North</u>	<u>North</u>	<u>North</u>	<u>North</u>	<u>North</u>
6:15	1-2	3-1	3-6	5-4	1-4	6-5	4-6
7:10	4-3	2-5	1-5	6-1	2-6	3-4	5-2
8:05	5-6	6-4	4-2	2-3	3-5	2-1	1-3

  

	<u>Nov. 4</u>	<u>Nov. 11</u>	<u>Nov. 18</u>
<u>Court</u>	<u>North</u>	<u>North</u>	<u>North</u>
6:30	2-4	6:30 3-2	7:40 5-3
7:25	5-1	7:25 4-5	8:35 4-1
8:20	6-3	8:20 1-6	9:30 6-2

~All scheduled matches are at Valley Southwoods.

~1<sup>st</sup> team listed is home and serves 1<sup>st</sup> game. Alternate 1<sup>st</sup> serve for 2<sup>nd</sup> and 3<sup>rd</sup> game.

~Uniforms are not required. Non-marking gym shoes only.

~Teams will play all 3 games of match. Rally scoring will be used for all 3 games of match.

~Unsportsmanlike conduct and harassment of Officials will not be tolerated.

~5 roster changes/additions allowed. Last day to change/add players is **November 11, 2015**.

~Awards – A Team trophy Volleyball will be presented to first place team in the league. A team plaque will be awarded to League Tourney Champions (if applicable).

~League Champions t-shirts will be awarded to every rostered player on League Champion teams.

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## WOMENS WEDNESDAY POWER B2 LEAGUE

<u>TEAM NAME</u>	<u>MANAGER</u>	<u>PHONE</u>
1. Bump It Up	Linda B	h)834-9211
2. 6 Pack	Stacy Y	h)238-3017
3. Cheap Shots	Michelle C	h)223-6009
4. Two Bump Chumps	Holly S	h)660-229-4355
5. Sets on the Beach	Ashley H	h)319-270-4172
6. Just us Gals	Joann T	h)202-8832

	<u>Sept. 9</u>	<u>Sept. 16</u>	<u>Sept. 23</u>	<u>Sept. 30</u>	<u>Oct. 7</u>	<u>Oct. 14</u>	<u>Oct. 21</u>
6:15	1-2	3-1	3-6	5-4	1-4	6-5	4-6
7:10	4-3	2-5	1-5	6-1	2-6	3-4	5-2
8:05	5-6	6-4	4-2	2-3	3-5	2-1	1-3
	<u>Oct. 28</u>	<u>Nov. 4</u>	<u>Nov. 11</u>				
6:15	2-4	3-2	5-3				
7:10	5-1	1-6	6-2				
8:05	6-3	4-5	4-1				

~All scheduled matches are at **Hillside Elementary (713 -8<sup>th</sup> St.)**

~1<sup>st</sup> team listed is home and serves 1<sup>st</sup> game. Alternate 1<sup>st</sup> serve for 2<sup>nd</sup> and 3<sup>rd</sup> game.

~Uniforms are not required. Non-marking gym shoes only.

~Teams will play all 3 games of match. Rally scoring will be used for all 3 games of match.

~Unsportsmanlike conduct and harassment of Officials will not be tolerated.

~5 roster changes/additions allowed. Last day to change/add players is **November 5, 2015**.

~Awards – A Team trophy Volleyball will be presented to first place team in the league. A team plaque will be awarded to League Tourney Champions (if applicable).

~League Champions t-shirts will be awarded to every rostered player on League Champion teams.

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2015 - Fall Season

## WOMENS WEDNESDAY POWER C LEAGUE

<u>TEAM NAME</u>	<u>MANAGER</u>	<u>PHONE</u>
1. 123- Noisy Crickettes	Lynne U	h)250-3720
2. Old McGladrey	Steph G	h)440-0271
3. For Real This Time	Margret G	h)419-9913
4. DMOS	Stacy M	h)341-5571
5. Cougars & Cubs	Stacey T	h)238-8483
6. Sully's	Amy L	h)250-7003

	<u>Sept. 9</u>	<u>Sept. 16</u>	<u>Sept. 23</u>	<u>Sept 30</u>	<u>Oct. 7</u>	<u>Oct. 14</u>	<u>Oct. 21</u>
6:15	1-2	3-1	3-6	5-4	1-4	6-5	4-6
7:10	4-3	2-5	1-5	6-1	2-6	3-4	5-2
8:05	5-6	6-4	4-2	2-3	3-5	2-1	1-3
	<u>Oct. 28</u>	<u>Nov. 4</u>	<u>Nov 11</u>				
6:15	2-4	3-2	5-3				
7:10	5-1	1-6	6-2				
8:05	6-3	4-5	4-1				

~All scheduled matches are at **Woodland Hills Elem**(1120 South 95<sup>th</sup> St, West Des Moines).

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~Teams will play all 3 games of match. Rally scoring will be used for all 3 games of match.

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~5 roster changes/additions allowed. Last day to change/add players is **November 4, 2015**.

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